

CARERS NEWS

South Ayrshire Carers Centre - Registered Charity No: 20039 Company Ltd by Guarantee 120777

Spring 2018



Carers learning to sign the Alphabet

Sign and Be 'Heard'

Marsie Stuart from Sign and Be 'Heard' came along to our last Wednesday of the month support group in April. The aim of Sign and be "Heard" is to have staff and the general public trained in British Sign Language (BSL), as this will make it easier for deaf people to communicate with others in the community. BSL also benefits people with ADHD, Autism and others with communication difficulties. Marsie taught us how to sign the alphabet, our names and some everyday vocabulary. This event was enjoyed by all Carers who attended.



We would like to thank Lorraine from **West FM Cash for Kids** for coming along and handing in Easter Eggs for our Young Carers.



Local Grant Success

South Ayrshire Carers Centre were successful in securing funding from the locality planning group in Troon

On Saturday the 10th of February, Kayleigh and Brad went along to the Troon and Villages Decision Day and were successful in securing funding.

The funding will go towards a summer weekend residential camping trip to Arran for 8 Young Carers from the Troon and Villages area. To give them time away from their caring roles and have fun with other Young Carers.

Carers Week

Monday 11 th June Outreach Groups	Troon Group Activity – Contact centre for more details Girvan Group Activity – Contact centre for more details
Tuesday 12 th June Trip to Dumfries House £3	We will be going to Dumfries House for a tour of the house and lunch. All places must be booked in advance as there is limited places available. The cost for this trip is £3. Dumfries House have also advised that this trip is best suited to those with no mobility issues and that appropriate footwear must be worn and footwear with a heel smaller than a £2 coin will not be permitted on the tour.
Wednesday 13 th June Pamper Day	We are holding a pamper day and lunch here at the centre, so come along and get your nails done or/and a massage from our therapists. Appointments can't be booked in advance as this is first come, first served. 10am - 2pm.
Thursday 14 th June	South Ayrshire Carers Centre will be at Ayr Hospital to raise awareness.
Friday 15 th June Walking Group	The theme for carers week this year is health and wellbeing, so to tie in with this we will be having a walking group from 1-3pm. The route has still to be decided so contact the centre for more information.
Other Events staff will be attending	Tuesday the 12th of June, we will be attending the Pan Ayrshire Conference, at the Ayrshire Hospice
Young Carers Celebration Night	Friday night we are having a celebration night for our young Carers. Quizzes, games and more are on the agenda, along with Dominos Pizza and Ice Cream from Renaldo's

Charitable Trust Funding

You could be eligible to apply for up to £300 to be spent on a much needed break from your caring role. This fund is to give you the opportunity to recharge your batteries and help you sustain your caring role. Whether it's a spa day to help you relax, a weekend break, driving lessons or anything else to give you a break.

To find out more information or to check your eligibility and to apply, please contact us on 01292 263000 or pop into the Centre.

Carers Reference Group

Want your opinion heard on the issues that affect you and the people you care for? The Carers Reference group is the opportunity for you to help shape services across South Ayrshire and comment on strategy and statutory services.

The group meets in the South Ayrshire Carers Centre on the second Thursday of every month from 10:30am - 12noon. All Carers are welcome to join the group even if you are not registered with the service.

For more details please contact South Ayrshire Carers Centre on 01292 263000, via Facebook or even email us:

southayrshire.carers@unity-enterprise.com

All events held in Carers Centre, unless stated otherwise:

SUPPORT GROUPS

(EVENING) Last Tuesday of month 6.30pm-8pm

Upcoming Dates:

29th May/ 26th June/ 31st July/ 28th August

(DAY) Last Wednesday of month 1pm-2.30pm

Upcoming Dates:

30th May/ 27th June/ 25th July / 29th August

NATTER GROUP

1st Monday every Month 12.30pm-2pm

Upcoming Dates:

7th May/ 4th June / 2nd July / 6th August

CARERS CAFÉ

First Wednesday of the month 12pm-1:30pm

Upcoming Dates:

2nd May/ 6th June/ 4th July/ 1st August

ART GROUP

Meets fortnightly 12pm-2pm

Upcoming Dates:

7th May / 21st May / 4th June / 18th June / 2nd

July / 16th July / 30th July / 13th August

REFERENCE GROUP

2nd Thursday every month 10.30pm-12noon

Upcoming Dates:

10th May/ 14th June/ 12th July/ 9th August

WALKING GROUP

The Walking Group is held on the 2nd Friday of the month from 1pm—3pm, please call us for details.

What's On!

TROON SUPPORT GROUPS

Meets at Troon Library

2nd Monday of month 10am-11:30am

Upcoming Dates:

14th May / 11th June / 9th July

THERAPIES

Last Thursday of every month

@ Braden Rd Sheltered Housing

If you would like to book a therapy, please call us on 01292 263000

31st May/ 28th June/ 26th July/ 30th August.

GIRVAN SUPPORT GROUPS

Meets in Carrick Buildings, Henrietta Street

2nd Monday every month 1:30pm-3pm

Upcoming Dates:

14th May / 11th June / 9th July

THERAPIES

Therapies are on the same day as the support group, if you would like to book a therapy please contact us on 01292 263000.

DROP IN

By appointments only, please call us on 01292 263000 to make an appointment.



We regularly update Facebook with daily events and activities, so be sure to take a look at our page to find out more about what's happening.



Contact Us

If you think you may be an unpaid carer and would like to discuss the services that are out there to support you in your role, please don't hesitate to pop into our Centre at the address below, give us a call or email, or write to us.

South Ayrshire Carers Centre
43 Sandgate,
Ayr, South Ayrshire,
KA7 1DA

01292 263000

southayrshire.carers@unity-enterprise.com

Visit us on the web at [www.facebook.com / SouthAyrshireCarersCentre](http://www.facebook.com/SouthAyrshireCarersCentre)

Carers Centres

Moving out of South Ayrshire or know of a carer who lives outside of the area? Remember, both North and East Ayrshire have a Carers Centre too!

North Ayrshire Carers Centre, 174 High Street, Irvine, KA12 8AN - 01294 311333

East Ayrshire Carers Centre, 49 The Foregate, Kilmarnock, KA1 1LU - 01563 571533

Therapies

Due to the high demand of therapy appointments over the past months, we're making some changes to the way they're booked. All therapy bookings are now to be made from the First Monday of each Month, via telephone or a centre visit. (E.g. If you wanted to book for an appointment in May, you could call from Monday 7th of May onwards). Please remember that if you don't give us 24 hours notice of your cancellation then you will still be charged £7.50. Thank you.

South Ayrshire Young Carers

We're All Mad Here...

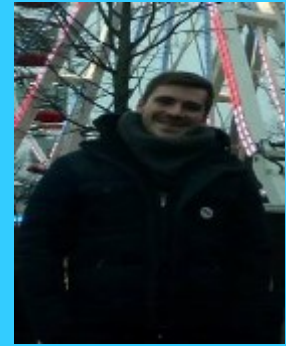
During the Easter holiday we took our Young Carers on some fun days out. Our primary groups enjoyed a day at Flip Out trampoline park in Glasgow, Kayleigh said no broken bones was a bonus! The rain did not stop our S1-S3 Group from having a ball at Kelburn Castle, where we took part in the Alice in Wonderland experience. We helped Alice in the secret forest and enjoyed a tea party with the Mad Hatter, no one lost their heads thankfully! Special thanks to Moira for all her help on the trip. Go-Karting and bowling was the event of choice for our S4-S6 Group, they had a great time at The Garage in Kilmarnock. We finished off the week with a lovely meal at Mr. Basrai's in Ayr with our Young Adult Carers.



Young Carers Ready to Race

Young Carers Workshop

Recently South Ayrshire Council came along to our support groups to speak to the young carers about the Carers Act. South Ayrshire Council also held a workshop with young carers and community partners in the county buildings to talk about how we can work better together to support young carers in South Ayrshire. We would like to thank our young carers who came along and spoke about their caring roles.



Good-bye Brad

As most of you already know Brad, who worked with both adult and young carers has recently left the centre. We want to thank Brad for all hard work and wish him success in his next adventure.

Young Carers Festival



This years Young Carers Festival has had a revamp and change in location. Keep an eye out for more information in the next few months.

Up coming speakers

- The fire service is coming along to give us a talk on fire safety, this will take place in June.
- We are going to Skills Development Scotland on the 10th of May with our S4-S6 Group and Y.A.C.
- Due to recent stories on the news, we are also currently organising an online awareness talk, to help